**SLEEP**

**Sleep and Health Among Adults in MISSISSIPPI**

**Sufficient sleep is essential for a healthy lifestyle**

**How much sleep do adults need?**

Adults should sleep 7 or more hours each night for optimal health.\(^1\) Insufficient sleep (or short sleep) is defined as less than 7 hours of sleep daily. More than a third of U.S. adults report insufficient sleep.\(^2\)

**What are the consequences of not getting enough sleep?**

Not getting enough sleep is associated with an increased risk for a number of chronic diseases and conditions:\(^3\):

- Diabetes
- Cardiovascular disease
- Stroke
- Obesity
- Depression

Not getting enough sleep also contributes to motor vehicle crashes and machinery-related injuries, causing substantial injury and disability each year.\(^3\)

**What are 5 health behaviors for preventing chronic disease?**

Five health behaviors have been identified as being key for preventing chronic disease\(^4\):

- Not smoking
- Regular physical activity
- Moderate* or no alcohol consumption
- Maintaining a healthy weight
- **Daily sufficient sleep (7 or more hours)**

**Why don’t adults get the sleep they need?**

Causes of insufficient sleep include lifestyle (like inconsistent bedtimes and using technology late at night) and occupational factors (like shift work or long work hours).\(^3\) In addition, some medical conditions, medications, and sleep disorders like sleep apnea affect how long and how well you sleep.\(^3\)

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* Up to one drink per day for women and two drinks per day for men – only by adults of legal drinking age. Individuals who do not drink alcohol should not start drinking for any reason. 2015–2020 *Dietary Guidelines for Americans*. 
Use the information on the following pages to prioritize your education and outreach efforts to improve the health of residents in your state.

The prevalence of short sleep (<7 hours per day) varies geographically

### Model-based Estimated Age-adjusted Prevalence of Short Sleep by County, 2014 — Mississippi

In 2014, 36.5% (age-adjusted = 37.2%) of Mississippi adults reported usually sleeping <7 hours in a 24-hour period.

The state map (left) presents the estimated age-adjusted county-level prevalence of short sleep among Mississippi adults.

For comparison, the national map (below) shows state-by-state adult prevalence of short sleep.

**Age-adjusted Prevalence of Short Sleep by State, 2014**

Short sleep is more common in the southeastern United States and the Appalachian Mountains and less common in the Great Plains states.


# Percentage of adult population that reported usually sleeping <7 hours in a 24-hour period. Age-adjusted to the 2000 U.S. standard population.

Data source: Behavioral Risk Factor Surveillance Survey (BRFSS) for 2014. As part of the phone survey, respondents were asked, “On average, how many hours of sleep do you get in a 24-hour period?” For information about BRFSS methodology, go to http://www.cdc.gov/BRFSS.
Short sleep among adults in Mississippi

The prevalence of short sleep duration may vary by sex, age, and race/ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>%</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>34.9</td>
<td>(32.0–38.0)</td>
</tr>
<tr>
<td>Hispanic</td>
<td>**</td>
<td>—</td>
</tr>
<tr>
<td>Black</td>
<td>41.3</td>
<td>(37.8–44.8)</td>
</tr>
<tr>
<td>Asian</td>
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<td>—</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>**</td>
<td>—</td>
</tr>
<tr>
<td>Native Hawaiian/Pacific Islander</td>
<td>**</td>
<td>—</td>
</tr>
<tr>
<td>Other/Multiracial</td>
<td>**</td>
<td>—</td>
</tr>
</tbody>
</table>

*Age-adjusted to the 2000 U.S. standard population. **Indicates a cell size <50.

Prevalence of health risk factors by sleep duration

Many risk factors are more common among adults who sleep <7 hours compared to those who sleep ≥7 hours.

An asterisk (*) by a risk factor on this chart indicates that the prevalence of that risk factor is significantly higher for adults who reported short sleep compared with adults who reported sufficient sleep.

Age-adjusted to the 2000 U.S. standard population.

†Underage drinker: any alcohol use among those aged 18–20 yr. Binge drinker: ≥4 drinks for women, ≥5 drinks for men during a single occasion. Heavy drinker: ≥8 drinks for women, ≥15 drinks for men per week.

Data source: Behavioral Risk Factor Surveillance Survey (BRFSS) for 2014. As part of the phone survey, respondents were asked, “On average, how many hours of sleep do you get in a 24-hour period?” For information about BRFSS methodology, go to http://www.cdc.gov/BRFSS.
Prevalence of chronic conditions by sleep duration

Many chronic conditions are more common among adults who sleep <7 hours compared to those who sleep ≥7 hours.

An asterisk (*) by a chronic condition on this chart indicates that the prevalence of that condition is significantly higher for adults who reported short sleep compared with adults who reported sufficient sleep.

Data source: Behavioral Risk Factor Surveillance Survey (BRFSS) for 2014. As part of the phone survey, respondents were asked, “On average, how many hours of sleep do you get in a 24-hour period?” For information about BRFSS methodology, go to http://www.cdc.gov/BRFSS.